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# Guide to Your National Park Next Door

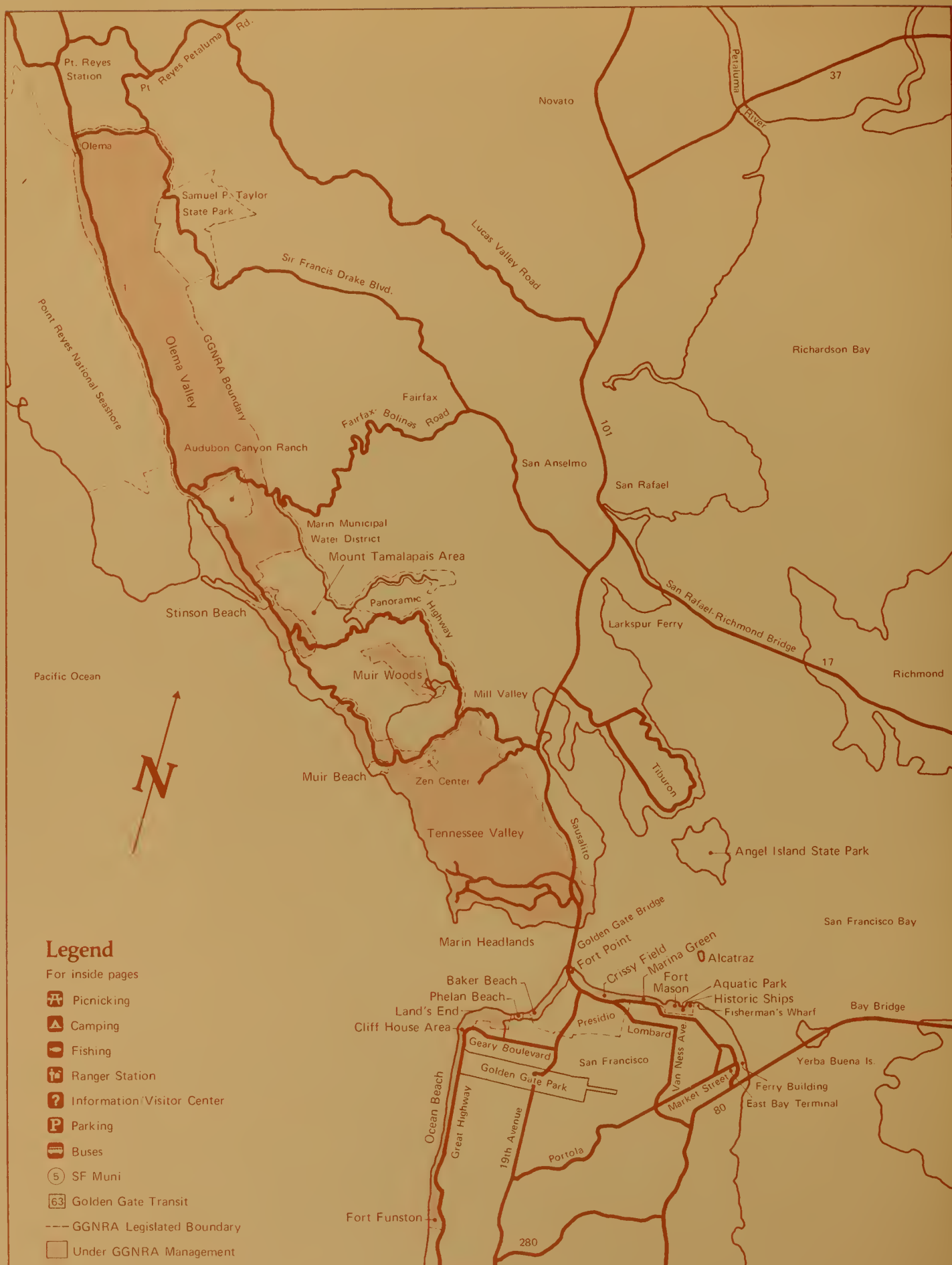
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# Introduction

A nearby national park is a next door neighbor worth knowing. A visit to Golden Gate National Recreation Area (GGNRA) offers countless opportunities for exploration, education, and just plain fun. The park's spectacular scenery, historic past, and natural qualities are an important part of the special magic for which San Francisco and the Bay Area are so well known. It contains places people have enjoyed and cherished for years—Ocean Beach, the Cliff House, Aquatic Park, Muir Woods, and Stinson Beach. Now these well-known attractions, along with many undiscovered places, are joined together in 35,000 acres of continuous parkland, stretching along the San Francisco and Marin County shoreline.

This booklet is your introduction to this neighbor with an invitation to come visit. The National Park Service wants you to know how GGNRA can become a vital component of your recreational or educational programming. The information in this guide will help make group visits to GGNRA workable and enjoyable; community centers, school groups, and civic organizations will find many suggestions for a day's outing—field trips, educational opportunities, special events. These suggestions, your creativity, and both our energies are the working ingredients of successful programs in GGNRA.

We have tried to anticipate what you need to know to plan a visit to GGNRA. This guide is divided into three main sections. First, the guide describes the basics: what the park contains, what activities are possible, and how to get there. Many different park areas are described, from those right next door to those an hour or two away. Second, the guide discusses various aspects of pre-trip planning: transportation, funding, insurance, program development. This information will help ensure that your park visit is safe and enjoyable. The final section lists additional information sources and program materials including a complete phone guide to GGNRA.

After visiting GGNRA through the pages of this guide, we offer our services to help arrange your program in the park. The door to the park is open. Come on in.



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# The Park Itself

Once upon a time, almost all national parks were quite removed from urban areas. Established in 1972, GGNRA represented an effort to bring parks closer to people. Probably no city in the country has a park of this size and variety so close to so many people.

GGNRA is a collection of parks: each area has its own mood and possibilities. This section of the brochure describes individual park areas, giving a complete run-down of facilities, programs, transportation, and safety concerns. It provides a quick guide to what the park now offers. Because the park is rather new and programs and facilities can change, we suggest you confirm any information essential to your programs.

## Alcatraz

General Information: 556-0560

Harbor Carriers: 546-2805

Call for Ferry Reservations

Ferries leave every 45 minutes,

9:00 a.m. to 3:00 p.m.

Extended summer hours

Ferry costs for groups of

25-50 people are: Adults - \$1.75,

5-11 years - 80¢

Regular rates: Adults - \$2.00

5-11 years - \$1.00, under 5 free

The varied history of Alcatraz seems to capture just about everyone's imagination. Pelicans, explorers, soldiers, prisoners, and American Indians are all a part of the island's story. Consequently, Alcatraz can provide an excellent educational outing; school groups can explore a variety of natural and social history themes before, during, and after a visit to Alcatraz. But whether a student or not, the island offers an opportunity to learn very directly about the lives of its inhabitants.

A visit to Alcatraz is a half-day outing including a 30-minute ferry ride and a 2-hour tour on the island. The ferry ride and tour provide beautiful views of the Bay and San Francisco. In fact, the views alone are worth the trip.

### What's Available

*Facilities:* Restrooms and snack bar on the ferry. Museum, chemical toilets on Alcatraz.

*Guided Tour:* Most of your visit to Alcatraz is guided by a National Park Service ranger, with the exception of browsing time in the museum. You will visit the interior of military and prison buildings.

*For Teachers:* After making reservations for a school group, you will be sent a brief letter suggesting some educational topics to explore with your class prior to your visit.

### Getting There

*By Bus:* Take Muni's 19-Polk, 15-Kearny, 32-Embarcadero, or the 59 cable car.

*Ferry to Alcatraz:* For a visit, make ferry reservations well in advance. The ticket office is at Pier 43 near Fisherman's Wharf.

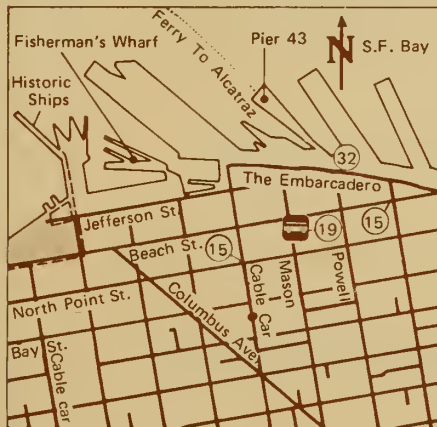
### Be Prepared

The 1½ mile walk involves some steep grades and stairs. All visitors should wear sturdy shoes and stay with the group.

Because only the tour route is safe, school groups are asked to bring one adult for every five students to help ensure that no one wanders into the many hazardous areas still remaining on Alcatraz.

Warm clothes are advised since the climate frequently changes from warm sun to wind and fog.

No drinking water is available on Alcatraz.



# National Maritime Museum

*National Maritime Museum:* 556-8177

Open 10 a.m. to 6 p.m. daily.  
Children must be accompanied by adults.

Hyde Street Pier: 556-6435

Open 10 a.m. to 5 p.m. daily.  
Extended summer hours.

*Balclutha:* 556-3541

Open 9 a.m. to 11 p.m. daily.  
Admission fee: \$2.00 adults  
1.00 juniors  
.25 children

Explore the seafaring vessels and stories that helped shape the development of the West Coast. Aboard the historic ships, the atmosphere of San Francisco's maritime past is heightened by the water's surge and salty breeze. The ships are an enjoyable outing for any group: a classroom for students, an explorer's paradise for children, a nostalgic adventure for anyone who has watched the city's changing waterfront scene.

Three of the five ships at Hyde Street Pier can be boarded: the *C. A. Thayer*, a three-masted lumber schooner, recalls the days when wind provided power; the steam-driven *Wapama* also carried lumber and passengers; the ferry boat *Eureka* is a proud reminder of a different era of commuter travel. The old hay-scow, *Alma*, and an ocean-going steam tug, the *Hercules* can be seen from dockside. (Note: The *Wapama* is currently undergoing major restoration work and is not available for visitor boarding.)

The *Balclutha*, a square-rigged Cape Horn sailing ship built in 1886, is also part of the collection, but docked in the Fisherman's Wharf area.

These recreational activities can be easily combined with educational endeavors. The Maritime Museum houses nautical models, exhibits, and photos: an exploration into San Francisco's maritime past. Once outside view real historic ships instead of models or explore the marine environment around them. The easy accessibility of the water provides an outdoor classroom for marine learning.

## What's Available

*Facilities:* Drinking water, public telephone, and restrooms (at the Museum and aboard the *Eureka*).

*Maritime Museum:* The West Coast's largest museum for maritime history is an ideal exploration for those interested in the nautical side of history. Tours of the museum are currently self-guided: displays, models, and exhibits with a written narrative. Tours of the museum are available for groups, call 556-2940 for reservations.

*Balclutha:* This steel hulled merchant ship once sailed in the famous Alaska salmon-packing "Star" fleet. Today, you can board the square rigger, learning the history of the *Balclutha* and her crew. The *Balclutha* is located at Pier 43.

*Self-Guided Tours of the Historic Ships:* Offered via a hand-carried personalized tape. Free.

*Guided Tours and Demonstrations:* Available during summer and some winter weekends. Special programs include tours of the ferry boat engine room, sea shanties, films and slide presentations aboard the historic ships. Call for group reservations.

*Environmental Living Program:* Relive the experiences of a codfisherman aboard the *C.A. Thayer* in this overnight educational program for 4th-6th graders. To participate, school applications are due March 1 each year for the following school year. There is a long waiting list. For more information, contact the Environmental Living Program Coordinator at the Hyde Street Pier.

*Friends of Alma Youth Training Program:* This program is offered to organized teen groups interested in learning traditional maritime skills. For information contact the Friends of *Alma* by writing them at 680 Beach St., Suite 330, San Francisco, CA 94109.

*Other Materials:* Many films and written materials about the ships are available on request. The park brochure gives a complete description of the ships.

## Getting There

*By Bus:* Take 15-Kearny, 19-Polk, 30-Stockton, 32-Embarcadero, 47-Van Ness, or 60 Hyde-and-Powell Cable Car.

*By Car:* The ships are located at the foot of Hyde Street on San Francisco's northern waterfront, near the Cannery and Fisherman's Wharf.

## Be Prepared

Take a bus; parking is very limited.



# Aquatic Park

Ranger/lifeguard station: 556-2904

San Francisco Senior Center: 775-1866

Call for programs and hours.



This waterfront park is easy to reach and easy to enjoy. It offers the advantages of ample seating, open lawns, a sandy, protected shoreline, and good views. Because of its close proximity to the city and variety of activity possibilities, Aquatic Park is a good half day outing. Its popularity is well demonstrated; in fact, the large crowds might be the only problem confronting a group visit here.

But if you enjoy people-watching and can keep track of your group, Aquatic Park offers many recreational and educational activities. The safe shoreline is good for children: there's lots of running room both here and out onto the Municipal Pier. For older folks, the San Francisco Senior Center (in the Maritime Museum building) maintains an ongoing schedule of activities. Fishing, kite-flying, and picnicking (only a few tables) are popular pursuits.

## What's Available

*Facilities:* Food service, restrooms, showers, drinking water.

*Guided tours and Demonstrations:* Explore tidepools, pier pilings, and sand creatures on a beach walk. A water safety demonstration is given by lifeguards. Both by reservation only.

*San Francisco Senior Center:* The country's oldest operating private, non-profit senior center provides a daily schedule of activities.

## Getting There

*By Bus:* Take Muni's 19-Polk, 30-Stockton, 32-Embarcadero, 47-Van Ness, and 60-Hyde or Powell cable car.

*By Car:* Aquatic Park is located on San Francisco's northern waterfront near Fisherman's Wharf, and adjacent to the Cannery and Ghirardelli Square. Van Ness Avenue, Hyde, and Beach Streets provide the main access.

*By Bike:* The Golden Gate Promenade provides bicycle access from here along the San Francisco shoreline to the Golden Gate Bridge.

## Be Prepared

Parking is almost non-existent during times of high visitation, mainly on weekends and summer days.

Early mornings are the least crowded time for a visit to this area.

# Fort Mason

General Information: 556-0560

Information center open 8:30 to 4:30 on weekdays. Closed weekends and holidays.

Community College: 776-4449 or  
239-3070

Call for class information.  
Building 310

Fort Mason Center: 441-5705  
Main office now in Building 308  
Open 9 a.m. to 6 p.m.  
Call for monthly events calendar.

Oceanic Society: 441-5970  
Bodega Bay: 776-4449  
Project Jonah: 775-3472  
Call for classes and activities.

Community Gardens: 921-9590

Fort Mason, although still relatively undeveloped for recreation, is a valuable destination for group activities. Its bayfront location, good public transit, and quiet setting provide advantages for those looking for an easily accessible place for daytime programs. Large piers line the waterfront area of Fort Mason, providing a chance to conduct Bay-related programs as well as participate in many activities offered by the Fort Mason Center. The rest of Fort Mason is a combination of lawn spaces, picnic spots, historic buildings, and viewing areas. Rangers at GGNRA headquarters offer general information, guided walks, and other program support. Above all, Fort Mason offers variety. Take an historic tour, enjoy a picnic, fly a kite, fish, and enjoy a concert all on the same day!

## What's Available

*Facilities:* Parking, picnic tables, grills, water, restrooms.

*Information Center:* A small information center in the headquarters building is a good place to start your visit. Exhibits explain what the park has to offer, and any questions can be directed to a GGNRA information person. Rotating exhibits cover various park topics. Free park brochures are available.

*Fort Mason Center:* Concerts, dance, theater, classes, a restaurant—the variety of activities offered in these old military warehouses is worth checking out. The Fort Mason Center, a non-profit organization in cooperation with the National Park Service, provides a variety of cultural, recreational, and environmental programs. Many different non-profit organizations are involved including the YMCA, Magic Theater, Greenpeace, and Center for World Music. Perhaps your program belongs here too. Stop in at the main office, now in Building 308, or call for information and a monthly calendar of events.

*San Francisco Community College:* Participate in a number of free classes, focusing on arts and crafts. They're offered on a semester basis; stop in at Building 310 or call for a schedule of classes.

*Oceanic Society:* For the saltwater enthusiast, the Oceanic Society offers a full exploration of the marine environment through courses, films, lectures, field trips, and recreational activities. A lecture and film series is open to both Society members and the general public. The Bodega Bay Institute for Environmental Education and Project Jonah operate with the sponsorship of the Oceanic Society in the same location. Both organizations have a calendar of events; give them a call to see if their program may complement your park visit. Currently located in Building 315.

*Fort Mason Community Gardens:* Test your horticultural creativity. Spaces can be reserved for your growing talents. Explore the vegetables and flowers anytime.

*Environmental Living Program:* Relive the experiences of those left homeless by the 1906 Earthquake and fire. Join a refugee camp for an overnight at Fort Mason. Elementary school classes ready for shaky ground should call the Environmental Living Coordinator at 556-0560.

*Historical Tour:* Join a ranger for a walk around Fort Mason, exploring its early pioneers and military occupants. By request.

*Discovery Walk:* A self-guided brochure traces Fort Mason's history, vegetation, and scenery. Available at the visitor center.



## Getting There

*By Bus:* Take Muni's 30-Stockton or 47-Van Ness. The 19-Polk arrives a few blocks to the east; the 22-Fillmore a few blocks west. Golden Gate Transit has stops on Lombard Street, three blocks south.

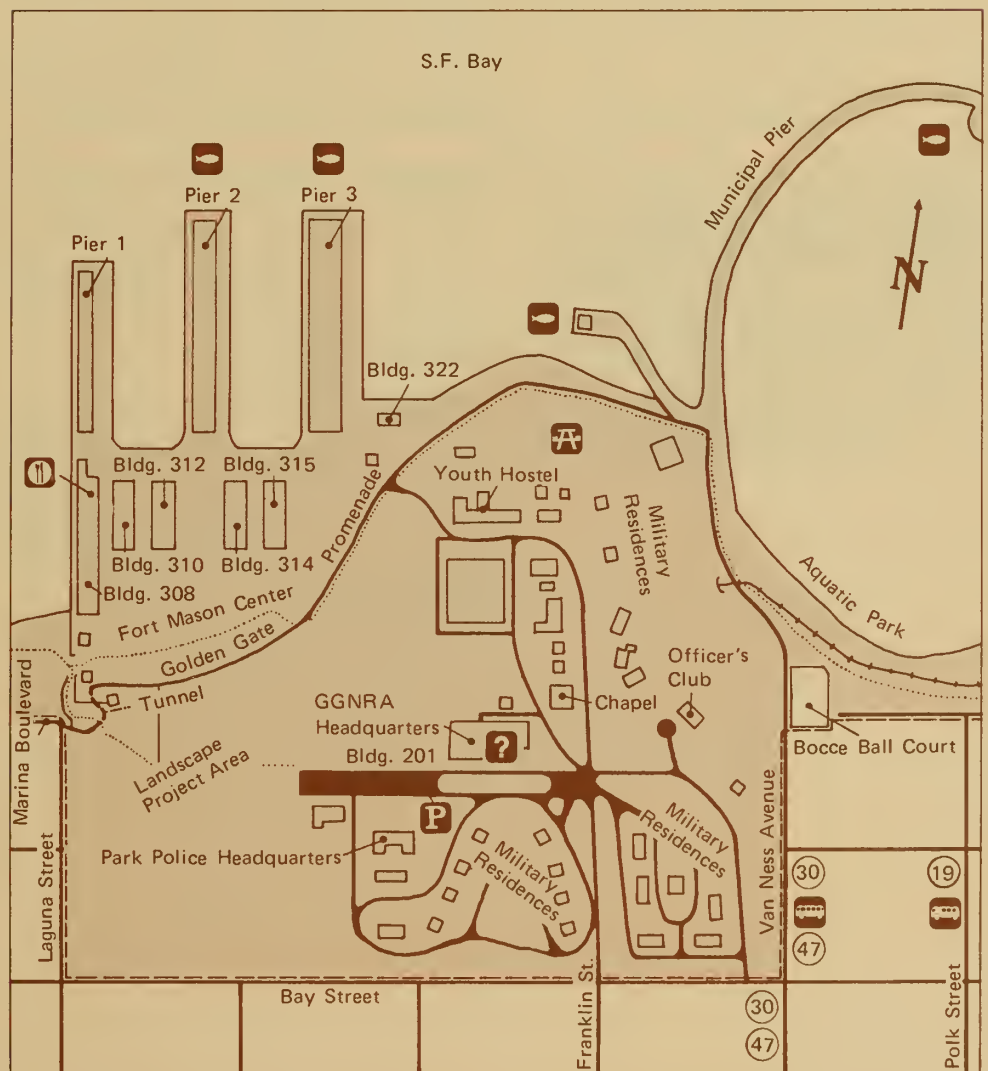
*By Car:* Main access roads are Van Ness Avenue, Marina Boulevard, and Bay Street. Main entrance is at Bay and Franklin.

*By Bike:* Accessible by bike along the Golden Gate Promenade.

## Be Prepared

Located on the water's edge, Fort Mason can be windy and foggy.

Within the next two years, Fort Mason will be spruced up. Old concrete foundations are now being replaced by lawn areas, better paths, picnic spots, and landscaping. During this time, certain areas may be unuseable and building locations for different activities may be changed. You may call to confirm things before visiting; or stop in at the headquarters if you feel lost.

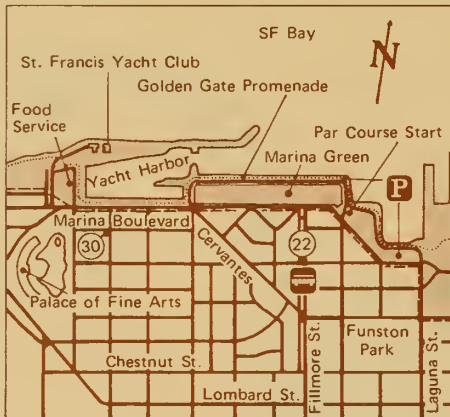
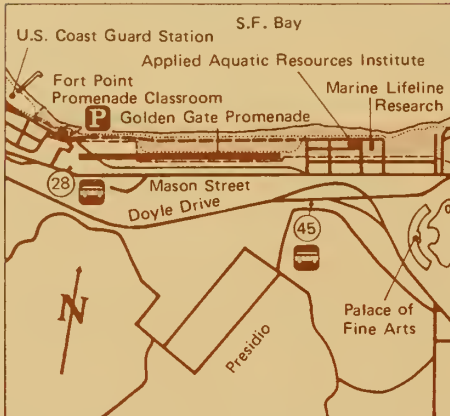


# Crissy Field/ Marina Green

General Information: 556-0560  
556-1693

Lifeline Marine Research: 556-7797  
Call for activities & hours.

Fort Point Promenade Classroom: 556-1693  
Call for classes: 239-3000



Crissy Field is the place to watch the Bay's activity at the water's edge. Although this area contains few developed facilities, Crissy Field offers a tremendous view of the entire Bay. Above all, it is a place for walking. The Golden Gate Promenade traverses its length; along the way you may fish from shore or pier, explore plant life, or fly a kite. The entire walking surface is paved, an advantage for bicyclists, senior citizens, or disabled visitors. For class outings, Crissy Field provides a few assets: it's easy to explore, relatively uncrowded, and rich in natural and social history topics.

However, the limited picnic tables and restrooms (only primitive) makes Crissy Field somewhat incomplete for group visits. This problem can be easily resolved by combining a visit to nearby Marina Green. This city park area provides a few wind-protected spots (especially the western lawn), restrooms and a small food service facility. The large open lawn allows for your creativity: field sports, kite flying, and jogging are some popular pursuits.

## What's Available

**Facilities:** Walking and bicycle path, drinking fountains, restrooms (Marina Green), chemical toilets, picnic tables (Crissy Field), fishing pier.

**Lifeline Marine Research:** Increase your understanding of the ocean's ecology. This program offers exhibits and talks (mainly geared to schools) exploring the ocean and its inhabitants. At Building 277 on Marine Drive.

**Fort Point Promenade Classroom:** This small environmental education center emphasizes plant identification and botanical techniques. Learn to create art masterpieces from natural materials. Field trips are offered on Tuesday; workshops on Wednesday and Thursday. (Building 672 near Coast Guard facilities). This free program is sponsored by the San Francisco Community College. For adults.

**Bay Marine Ecowalk:** A self-guided hour walk along the shoreline points out the small critters that make the Bay healthy. This pamphlet with marine life descriptions is available from Fort Point.

**Golden Gate Promenade Brochure:** Follows the waterfront history from Aquatic Park to Fort Point. A self-guided pamphlet with a map. Available from GGNRA Headquarters, Fort Mason or Fort Point.

**Par Course:** For those concerned with physical fitness, walk and jog between exercise stations starting on the Marina Green.

## Getting There

**By Bus:** Muni 28-Nineteenth, 22-Fillmore, 30-Stockton, and 45-Greenwich.

**By Car:** Eastern end of Crissy Field and Marina Green are off Marina Boulevard with parking near the St. Francis Yacht Club.

**By Bike:** A complete bike path proceeds along the Golden Gate Promenade from Aquatic Park to Fort Point.

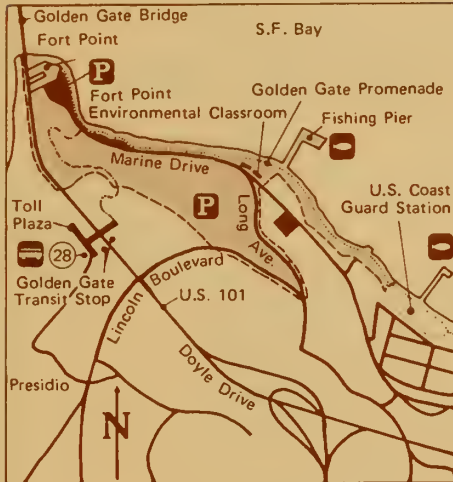
## Be Prepared

Crissy Field is renown for its "breezes". The Golden Gate gusts frequently; dress accordingly.

# Fort Point Historic Site

Information: 556-1693  
Open 10 a.m. - 5 p.m. daily

Fort Point Environmental Classroom:  
Call 863-4223 for classes



The great harbor of San Francisco, its narrow entrance, and the U.S. Army's plan for its protection can be seen and felt first-hand at Fort Point. Located directly below the Golden Gate Bridge, Fort Point is a classic example of the brick forts built to defend the coastal areas of the United States during the 1800's. The views from here clearly demonstrate the Fort's strategic location.

All ages enjoy exploring the many stairways, rooms, vistas, and historical features of Fort Point, making it an excellent spot for a half day outing. Exhibits, demonstrations, and guides wearing Civil War uniforms present a complete picture of the Fort's history. The popular cannon drill brings you into action as you learn the necessary steps to prepare for the Fort's defense; ask for a demonstration. A visit inside can be coupled with outdoor exploration: walking along the Golden Gate Promenade, fishing from the nearby pier, or taking the trail up to the Golden Gate Bridge.

## What's Available

*Facilities:* Museum, fishing pier, drinking water, chemical toilets, parking.

*Guided Tours:* Explore the Fort's premises and history. Tours offered every 20 minutes on weekends, about one half hour in length. Cannon demonstrations on the hour 12:00 - 3:00 p.m., weekdays. Tours are also given by special request; groups should call for reservations.

*Environmental Living Program:* Become a soldier in the 1860's, as you eat, sleep, and work your duty at Fort Point. This program is open to elementary school children, but its popularity makes space very limited. For information, contact the Living History Coordinator at Fort Point.

*Fort Point Environmental Classroom:* Learn the natural history of the Fort Point area. This classroom near the Fort's administrative offices provides programs for elementary school children under the direction of San Francisco Unified Schools.

*Fort Point Ecowalk:* Use this self-guided pamphlet to identify plants, wildlife, and other landmarks around Fort Point. Available at Fort Point office.

*Bay Marine Ecowalk:* Use this self-guided pamphlet to explore the shoreline from the Marina Green to the Fort Point fishing pier. Available at Fort Point office.

## Getting There

*By Bus:* Muni 28-Nineteenth and most Golden Gate Transit buses stop at the Golden Gate Bridge Toll Plaza. Walk down about 1/8 mile.

*By Car:* Take Doyle Drive (Golden Gate Bridge approach) to Lincoln Boulevard (right before Toll Plaza), go east to Long Avenue and turn left. Sign for Fort Point is visible.

*By Bike:* Follow the Golden Gate Promenade from Aquatic Park.

## Be Prepared

Combine fog, wind and brick walls: you get a good dose of cold. Dress warmly for Fort Point!

If you're walking, watch for large waves along the seawall—the slippery walking surface and surprise breakers can be dangerous.

Don't explore the plant life too vigorously. There's some poison oak growing among all that attractive greenery.



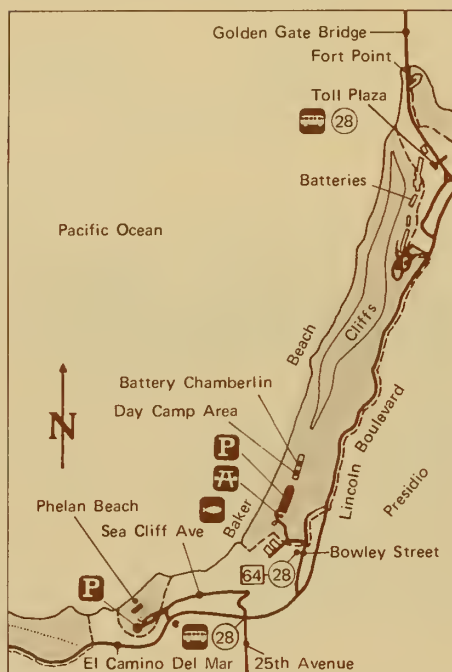
# Baker and Phelan Beaches

General Information: 556-0560

Open 7 a.m. to dusk

Phelan Lifeguard: 221-5756

Park Ranger: 751-2519



For a beach outing, these two destinations are the best in San Francisco. Not only can they be reached by bus, but they are usually uncrowded on weekdays. Baker Beach is the largest of the two and perhaps more complete for a group visit. The mile long shoreline provides an exhilarating combination of views, surf, and running room—great for sand castles and good for fishing. Nearby picnic tables, grills, trails, and a day camp area make a full day's visit possible.

For a more intimate atmosphere (and perhaps an easier place to keep an eye on your group), visit Phelan Beach: a small cove complete with a lifeguard from April to October. The gentler water, lifeguard, nearby restrooms, and confined beach make this site better suited for children. About all that's needed for an enjoyable visit are small shovels and buckets for castle building; kids seem to be natural sand and water enthusiasts.

## What's Available

**Facilities:** Picnic tables, grills, chemical toilets, telephone, parking at Baker Beach; changing rooms, showers, sundeck, restrooms, parking at Phelan Beach.

**Day Camp Area:** Take over a military fortification for recreational or educational programs. Battery Chamberlin, a 1904 coastal defense installation, provides a sheltered amphitheater for group activities with picnic tables, grills, drinking water, and indoor rooms with electricity (generated on site). The site can accommodate about 25 to 75 people and has been a very popular area for senior programs. For further information, reservations, or program ideas, call 751-2519

**Military History Tour:** A 95,000 pound cannon points ominously at the Golden Gate's entrance. This "disappearing" gun can still be cranked from its firing position to a concealed location within Battery Chamberlin. Rangers provide guided tours on weekends, discussing this gun and the history of Bay defense. Call 751-2519 to arrange a tour on special request. An exhibit room depicting the military history of the area is open 12-4 p.m. on weekends.

## Getting There

**By Bus:** The Muni 28 line arrives near the entrances to Baker Beach and Phelan Beach (1 block away).

**By Car:** Baker Beach is off Lincoln Boulevard along the western edge of the Presidio. Lincoln Boulevard intersects the Golden Gate Bridge Toll Plaza area. Phelan Beach is in the Sea Cliff District of San Francisco, at the dead end of Sea Cliff Avenue. Sea Cliff Avenue is reached by either 25th Avenue North or Lincoln Boulevard.

## Be Prepared

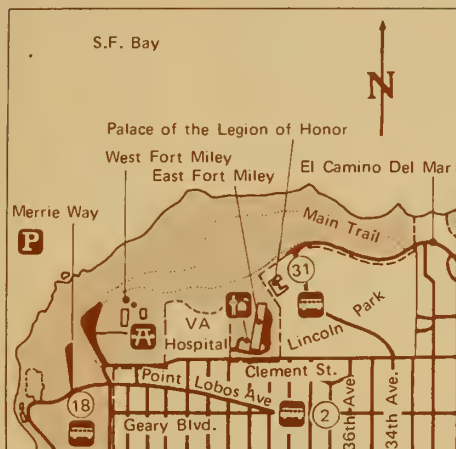
No matter how attractive or calm the water appears, a cautious respect advised. Baker Beach is not recommended for swimming; even those walking the shore should watch for sudden, larger-than-usual waves. Also, the tide fluctuates, sometimes covering northern parts of the beach.

Weather is typical to the bay shoreline: occasionally warm, but usually breezy; fog during summer.

# Land's End

General Information: 556-0560

Park Ranger: 751-2519



Hop off a Muni bus, walk a few blocks, and explore San Francisco's most natural appearing shoreline. The sound of the ocean, smell of pine and cypress, and view of coastal scenery quickly replace the city streets you just left. The relatively undeveloped character of the area presents some challenges when arranging an outing, not the least of which is staying on main trails, avoiding landslide areas, and keeping back from steep cliff edges. Trail exploration will require special alertness. Two main trails follow the coastline and it's a good idea to contact the local rangers who patrol Land's End if you're unfamiliar with the terrain.

Once cautioned, however, Land's End can offer many pleasant program opportunities. For school groups, educational investigations are numerous: native vegetation, bird life, geology, coastal defense, shipping, and San Francisco history. In fact, the main trail follows the historic alignment of the turn-of-the-century steam train to Sutro Baths. After viewing nature's outdoor scenery, visit the nearby Palace of the Legion of Honor, adjacent to Land's End, to view man's artistic endeavors.

Only one area in Land's End is available for group reservation: West Fort Miley. The site is rather primitive, but offers an outstanding view, picnic facilities, and a large lawn area.

## What's Available

**Facilities:** Parking. Picnic tables, grills, water and chemical toilets, at West Fort Miley. Jogging path at East Fort Miley.

**Guided Walks:** Rangers are now developing guided walks and other programs in this area. Contact the ranger station if you'd like to know what's available or are interested in any aspect of this area's natural and social history.

**Day Camp/Overnight Area:** West Fort Miley is a secluded spot close to the city, perfect for a group's first overnight. A campfire pit is being developed—a good gathering area for day camps. Group reservations are necessary; call the Urban Outdoor Adventure Center, a coalition of community organizations involved in educational and recreational activities. Their current phone number is 751-2519.

## Getting There

**By Bus:** Take Muni's 2 - Clement (and 2x) to the western end of the line or the 18 - Sloat to its northern terminus. The Muni 31 - Balboa travels to the Palace of Legion of Honor on weekends/holidays.

**By Car:** Geary Boulevard and Lincoln Boulevard are the two main access roads to Land's End. Turn right off Geary Boulevard on El Camino Del Mar for one parking area. Lincoln Boulevard connects to the other end of El Camino Del Mar near the Palace of the Legion of Honor. The ranger station is off Clement Street, accessible through the entrance to the VA Hospital.

## Be Prepared

**Stay on trails** and away from cliff edges. If you're near the water, be sure to watch for sudden waves and rising tide.

Trails are rough and difficult to follow in places. Wear sturdy walking shoes.

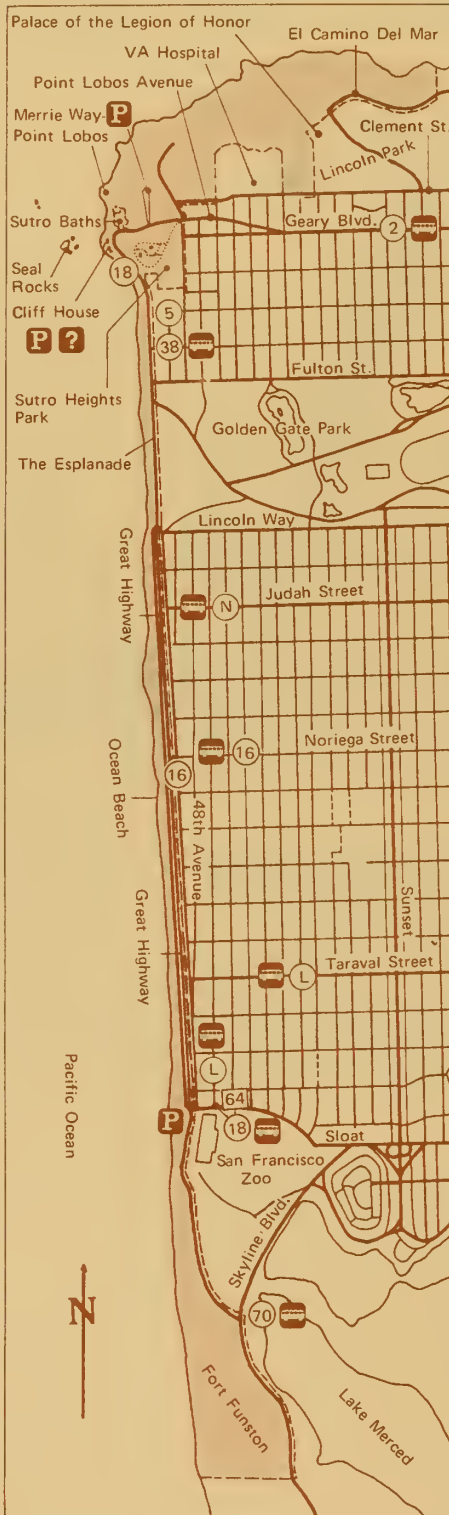
Drinking water is not readily available.

# Cliff House/ Ocean Beach

General Information: 556-0560

Park Ranger: 751-2519

Cliff House Visitor Center: 751-1617



The popular Cliff House area attracts Bay Area residents as well as out-of-town visitors. Its prime oceanfront location provides some of the best views of GGNRA; even Point Reyes is visible on a clear day. The scenery, combined with available restaurants and gift shops, have made this area one of the most well attended portions of GGNRA. Despite this appeal, however, it is currently not the best place for a group outing; indoor and outdoor space is frequently crowded, the surrounding terrain (Sutro Baths and Ocean Beach) is often dangerous, weekend parking is difficult, and useable outdoor running room is scarce.

On the other hand, weekday visitors (except during summer season) can find less crowded conditions in which to appreciate the area's attractions. The Sutro history with its turn of the century splendor captures many people's attention. The National Park Service has opened a visitor center with exhibits capturing the area's historic highlights. Senior groups in particular seem to enjoy this area; actually many older San Francisco residents remember swimming in the baths or dining at the ever-changing Cliff House.

Natural history explorations are also available. Right off the Cliff House are Seal Rocks: a series of offshore rocks serving as home base for very visible sea lions and a variety of marine birds. For school groups with a set of binoculars, this is the place to see marine mammals in their own environment.

Outdoor spaces for play or picnicking are limited. Sutro Heights Park, to the east of the Cliff House, offers Victorian charm, pleasant lawns, benches, and views—a real relief from surrounding traffic, buildings, and people. In the other direction, below the Cliff House, is Ocean Beach, not as tranquil and often not as spacious as Sutro Heights Park. Although the ocean is quite beautiful here, it can be treacherous. For this reason, children's outings to Ocean Beach are not recommended unless you have very good supervision of your group.

## What's Available

**Facilities:** Restrooms, food service, gift shops, visitor center at the Cliff House—call for current programs. Restrooms and seating at Sutro Heights Park.

**Guided Walks:** Ranger programs about the area's natural and social history are being developed. Call to find out what's available and make a reservation for your group.

## Getting There

**By Bus:** Take Muni's 2-Clement, 18-Sloat to Cliff House or Sutro Heights Park. Use the 5-McAllister, 16-Noriega, 18-Sloat, 38-Geary, L-Taraval, or N-Judah to Ocean Beach.

**By Car:** Follow Geary Boulevard west from downtown; Park Presidio Boulevard to Geary from the Golden Gate Bridge; the Great Highway from the South.

## Be Prepared

If you're a history buff (or a school group), a number of books and publications explore the Sutro story. Call the ranger station for ideas.

Ocean Beach and the Sutro Baths ruins can be dangerous. People exploring the Sutro Baths and rocks have been swept out to sea by unexpected waves.

A portion of the Cliff House viewing deck has been closed due to an unstable foundation. Stay within the safe area.

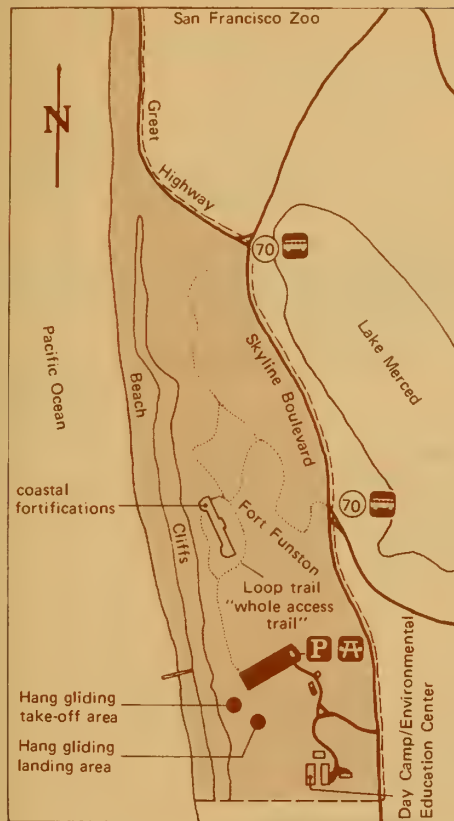


# Fort Funston

General Information: 556-0560

Open 7 a.m. to dusk

Park Ranger: 751-2519



Fort Funston offers a glimpse into the peninsula's past appearance; the city's sand dunes once stretched from here through Golden Gate Park. Besides the interesting plant and animal life around the dunes, Fort Funston contains a beach area below its high coastal cliffs, occasional groves of trees, and military fortifications. A group outing here can include many activities: nature exploration, picnicking, beach combing, and touring coastal fortifications. A number of older military structures are being renovated for environmental education programs; in the meantime, these structures, though primitive, can provide some indoor space for your program needs.

A recent attraction at Fort Funston is perhaps most spectacular; hang gliding. Soaring from the coastal cliffs, these colorful "birds" catch the frequently strong winds along the coast.

The coast's first "whole access trail" was recently completed here. This 3/4 mile loop trail is accessible to wheelchairs, providing an easy, level walking surface for everyone else as well. The trail passes a few seating areas and picnic spots, making Fort Funston a complete spot for a day-outing. Exploring the trails is the best way to enjoy the scenery.

## What's Available

**Facilities:** Parking (spaces marked for disabled), chemical toilets (wheelchair accessible), picnic areas, grills, water, whole access trail. Facilities at Fort Funston are changing; it's a good idea to check out the current state of improvements before a visit.

**Fort Funston Science Center:** This center offers environmental education programs in cooperation with the San Francisco Unified School District from September to June.

**Day Camp/Environmental Education Center:** Various buildings are available by reservation during the summer for recreational or educational activities.

**Guided Walks:** Rangers do patrol this area and on request can provide special tours or answer questions about the area's social or natural history.

## Getting There

**By Bus:** Nothing is very convenient, but Muni's 70-Lake Merced comes within 1/4 mile.

**By Car:** Located in San Francisco's southwest corner, across from the Zoo and Lake Merced. Take the Great Highway or Sloat Boulevard to Skyline Boulevard. Enter off Skyline.

## Be Prepared

Wind and fog are common so dress warm.

Wear good walking shoes. With the exception of the Sunset "whole access trail", many trails are sand surfaced. The trail to the beach is steep and constantly changing; watch your step. Please stay on trails to help keep the fragile dune vegetation in place.

Keep an eye out for hang gliders and stay away from take-off and landing areas.

# Angel Island

Angel Island State Park: 435-1915

Harbor Carriers: 546-2815

From Pier 43½

Daily Summer Service

Weekend winter service

Round trip fee from San Francisco:

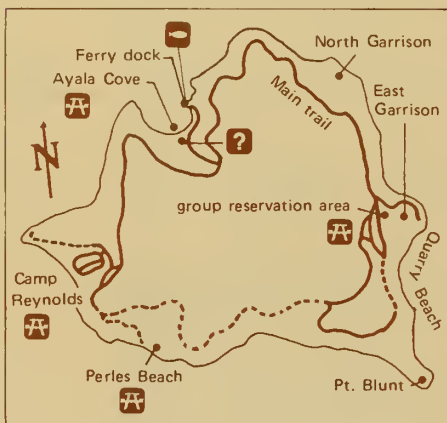
Adults - \$4.25, 5-11 years - \$2.25

Angel Island Ferry Company:

435-2131

Round trip from Tiburon:

Adults - \$2.50, 5-11 years - \$1.25



If you enjoy being near the water, Angel Island State Park is your kind of place: a ferry-ride, beaches, fishing, views of passing sailboats. The park is well set-up for all ages and interests, providing some developed recreational sites as well as much untouched terrain. Two locations in particular—Ayala Cove and East Garrison—are ideal for group visits, providing open lawn, picnic tables, grills, and plenty of nearby terrain to explore.

The variety and size of Angel Island provides enough excitement for a full day's visit. A hike around the island takes about 2½ hours.

## What's Available

**Facilities:** Ferries land at Ayala Cove where you will find a visitor center, picnic area, grills (charcoal can be purchased at Headquarters), snack bar (summer months), restrooms, drinking water, and phone. East Garrison, about 2 miles from Ayala Cove, offers reservable facilities for a group visit: picnic tables, grills, playing fields (volleyball and softball), drinking water, and restrooms. Groups from 50 - 200 can be accommodated. Individual picnic tables are also located around the island.

## Getting There

Access to Angel Island is either by ferry or private boat. The length of your stay depends on the ferry schedule which fluctuates from winter to summer season. From June to early September, daily service is available from San Francisco and Tiburon and weekend service from Berkeley. From September to May, there is only weekend service from San Francisco and Tiburon.

## Be Prepared

Keep the ferry schedule in mind; these boats are the only way off the island.

Bicycles can be used on the fire road which circles the island. Also, a tram follows this route, providing a narrated tour for a fee.

Special caution should be used around the unmaintained historic buildings, and in the vicinity of bluffs where footing is often insecure.

There are no lifeguards on the island and swimming can be hazardous because of the very strong currents that flow past the island.

**Note:** Angel Island is a unit of California State Park System, yet is contained in the legislated boundaries of Golden Gate National Recreation Area. Consequently, it is included in this brochure, particularly because of its good opportunities for group use.

# Marin Headlands

Information (Ranger Station):

561-7612

Ranger Station Open 8:30 a.m. to

5:00 p.m.

Marin Headlands Hostel: 561-7277

Marine Mammal Center: 561-7284

Open daily 9 a.m. - 5 p.m.

Call for group reservations

YMCA Point Bonita Center: 561-7656

Office hours 9 a.m. - 5 p.m. weekdays

Call for reservations and information

Yosemite Institute of the Headlands:

561-7631

Call for reservations

See page 16 for map.

Close in distance and time, but many moods apart, the Marin Headlands is the place to escape the city with ease. Its many acres of open terrain, beaches, and trails offer nature's best on the city's doorstep. For a complete day trip or even an overnight program, this area's proximity and diversity is hard to beat.

For natural landscape and quiet atmosphere, get out and hike. The Miwok and Coast trails begin in the Marin Headlands, traversing coastal hills to the north. For beach activity, Rodeo Beach and Kirby Cove are good destinations for groups. Rodeo Beach is larger of the two with closer parking and a nearby ranger station. Kirby Cove faces the Bay, is more secluded, and provides tables and grills. East Fort Baker, is still under Army jurisdiction, but open for exploration; it provides pier fishing, boat-watching, and impromptu picnics.

Some facilities can be reserved for group programs. The former rifle range and Fort Barry parade grounds provide open lawn spaces for sports and outdoor games. The parade grounds are equipped with picnic tables, grills, and volleyball poles; just pick up a net at the ranger station. A number of former military structures can also be used, either reserving the space with the National Park Service or participating in programs offered by various recreational and educational non-profit groups.

For school groups, the Headlands is a complete outdoor classroom. Vegetation and wildlife are plentiful, including deer, raccoons, and many bird species. History is also quite apparent; coastal fortifications from pre-civil war times to Nike armaments are evident. GGNRA rangers and the various educational groups in the Headlands can offer support or advice for field trip programs.

## What's Available

**Facilities:** Major parking lot at Rodeo Beach, other smaller lots along various roads. Visitor information (ranger station), chemical toilets, water, fire rings at Rodeo Beach. Picnic tables, grills water, pit toilets, group camping by reservation at Kirby Cove. Picnic tables, grills, volleyball poles at Fort Barry Parade Grounds. Scattered picnic tables and lookouts throughout the area.

**Day Camp/Overnight Areas:** Three sites in the Marin Headlands—Kirby Cove, Battery Alexander and Hill 88—provide the basic requirements for group programs and can be reserved through the National Park Service.

Battery Alexander is a former military fortification now adapted for recreational programs. Outdoor space is wind-protected by the large walls of the battery—almost a small amphitheater with picnic tables, grills, fire pits, chemical toilets, and drinking water. Indoor space has working electricity. The site is very primitive, but workable. For information or reservations call 561-7612.

Hill 88 offers a beautiful view of city lights and starlight (if there's no fog). This area includes an indoor facility with bunks, running water, picnic tables, grills, and chemical toilets. However, there is no electricity and the facilities are very simple. The site is reservable by calling 561-7612.

Kirby Cove can accommodate up to 90 people overnight (30 per site) and contains picnic tables, fireplaces, pit toilets, drinking water.

**Marin Headlands Hostel:** Situated right off the Fort Barry Parade Grounds, this hostel provides a nice retreat for a day or overnight stay. The American Youth Hostel Association offers a yearly membership to non-profit organizations (\$25/year) providing a discount on overnight rates. The hostel has a large conference room that can be used for seminars or day programs, kitchen facilities, and an overnight capacity of 20-60 people. Non-membership rates are \$4 per person each night with a \$2 introductory fee the first night.

**Marine Mammal Center:** See marine mammals and birds recovering from illness or injury. This educational center focuses on marine animals and is open for tours and programs.



**YMCA Point Bonita Center:** This facility offers all the requirements for overnight programs; food service, sleeping quarters and classrooms for up to 120 people are available on a fee basis. The staff can also offer assistance to your program planning.

**Yosemite Institute:** Explore the Headlands and understand the ecosystems in action with the help of trained ecologists. Yosemite Institute offers a week long residential environmental education program providing sleeping quarters, food service, and instruction. It's offered during the school year on a fee basis.

**Guided Walks:** A variety of National Park Service guided talks are available, mainly on weekends starting from Rodeo Beach ranger station; or arrange a tour by special request. Call 561-7612 for information.

## Getting There

**By Bus:** Throughout the summer 1979, weekend MUNI bus service is available to the Marin Headlands. During the rest of the year, however, no direct service is available. Various Golden Gate Transit buses stop near the tunnel entrance to the Headlands, but hiking from here is difficult.

**By Car:** Off Highway 101, immediately north of the Golden Gate Bridge, take the Alexander Avenue exit. Two entrances are available: one over Conzelman Road along the coastal cliffs; one through the tunnel into Rodeo Valley.

**By Bike:** The Headlands can be reached via a bike route across the Golden Gate Bridge. Once over the Bridge, a very steep route winds across the hills and into Rodeo Valley. A gentler route leads into East Fort Baker.

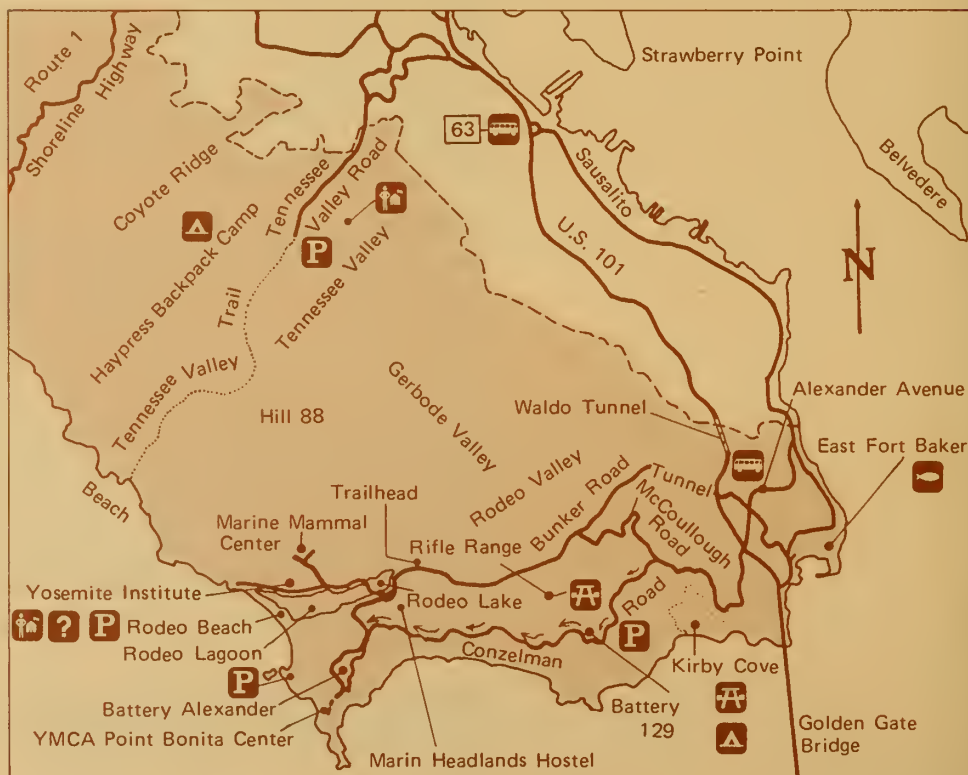
## Be Prepared

Be ready for fog. Right off the Golden Gate, the Headlands are often socked in.

Hikers watch for poison oak.

The ocean is nice to watch, but no beaches in the Headlands are safe for swimming. Avoid exploring rocks near surf; sudden waves can pull you into it.

Don't be too adventurous on the many cliffs in the Headlands. They are steep and unstable making a fall easier than one might think.



# Tennessee Valley

Information: 561-7612

Ranger Station: 383-7717

Perhaps the most pleasant walk within GGNRA follows the Tennessee Valley Trail. This two mile, fairly-level trail meanders down a small secluded valley to an equally intimate beach. Almost no human development or noise will distract you; enjoy the view of the sea, sound of birds and water, and the atmosphere of an old ranch house, and grazing cattle.

Facilities within Tennessee Valley are few, in keeping with the natural character of this area. Groups should come well prepared—ready to eat lunch on blankets and carry in their own water. Despite these minor inconveniences, the valley's level terrain provides a good setting for kids and older folks alike.

## What's Available

*Facilities:* Chemical toilets at trailhead and near beach.

*Hike-in Campground:* Chemical toilets, picnic tables, food lockers, but no water is available at Haypress Backpack Campgrounds. Call 561-7612 for reservations. The next campground northward on the Miwok Trail is located in Frank Valley and administered by the State Park System in the Mt. Tamalpais area.

## Getting There

*By Bus:* No direct bus service reaches the trailhead. Golden Gate Transit 10 and 20 stop 1½ miles from the trailhead on Shoreline Highway.

*By Car:* Take Shoreline Highway (Route 1) exit off Highway 101. Turn left on Tennessee Valley Road in less than ½ mile; follow it to the trailhead.

*By Bike:* No designated routes, but trailhead provides bike racks; some visitors even ride the trail.

## Be Prepared

Surf at the beach is extremely rough; stay out of its reach. Cliffs are eroding and covered with poison oak. Only follow trails.

Bring drinking water.

Avoid grazing cattle while hiking through the area.

# Mt. Tamalpais Area

State Park Information  
Pan Toll Ranger Station: 388-2070

National Park Service Information:  
868-0942

Audubon Canyon Ranch: 383-1644  
Open 10 a.m. - 4 p.m. weekends  
and holidays March 1 - July 4.

Group visits by appointment  
Tuesday - Friday

Frontier Arts Institute: 383-0358  
Call for information and reservations

Most of the Mount Tamalpais area is State Park property, surrounded either by Marin Municipal Water District or GGNRA. For years, Mount Tamalpais has been a favorite destination for Bay Area hikers. No wonder—the trails are well-maintained and offer almost every kind of view and environment. Here again, weekdays bring fewer people and less traffic.

If you decide to visit this area, stop in at the Pan Toll ranger station for a park folder mapping facilities and trails. GGNRA lands north of Tamalpais are undeveloped, offering a chance to hike and watch the view. Or focus closely on the incredible birdlife around Bolinas Lagoon.

## What's Available

*Facilities:* Picnic tables, grills, water, restrooms at both Pan Toll and Bootjack. 16 walk-in campsites with picnic tables at Pan Toll, first come, first served. Group campground at Alice Eastwood (40 people), and 6 backpack sites at Redwood Creek Backpack Camp, reservations needed. Fee.

*Frontier Arts Institute:* Located on a coastal shelf off Highway 1 south of Stinson Beach, this environmental education center offers programs on coastal ecology, natural history, and gardening on a fee basis. School groups may arrange for overnight visits. Also known as Slide Ranch.

*Audubon Canyon Ranch:* Few places offer such a close view of nesting birds. Egrets and great blue herons can be seen in their redwood grove home, departing occasionally for nest materials or food. There's parking, water, restrooms, picnic tables, a museum, and bookstore. Get there via Highway 1 traveling north of Stinson Beach.

## Getting There

*By Bus:* On weekends and holidays, Golden Gate Transit 63 serves this area including Pan Toll, Stinson Beach, and some trips stop at Audubon Canyon. Hikers can start at one trailhead and pick up the bus at the other end. Check with Golden Gate Transit for the exact status of this service.

*By Car:* Take the Shoreline Highway exit off Highway 101. Travel on Highway 1 or Panoramic, depending on your destination.

## Be Prepared

Get a good trail map to plan your hike.



# Muir Woods

Information: 388-2595

Open 8:00 a.m. - sunset

A short hour's walk can take you among some of nature's tallest trees. Towering coastal redwoods shade canyon ferns and a 2-mile gentle loop trail. The trail is wheelchair accessible, complete with exhibit signs designed for the visually impaired. For everyone, Muir Woods offers a comfortable, easy walk among some of nature's oldest living things.

Muir Woods is a good site for group visits. The well-defined trail keeps everyone together and the scenery impresses visitors of all ages. The redwood ecosystem is a good study unit for educational groups.

## What's Available

**Facilities:** Parking, water, restrooms, snack shop, gift shop. No picnicking.

**Self-Guided Trail:** A self-guided leaflet follows a 1/4 mile nature trail, exploring the plants and animals of Muir Woods.

## Getting There

**By Bus:** On summer weekends and holidays, take Golden Gate Transit's 61 from the Larkspur ferry terminal (transfer from ferry). Or take Golden Gate Transit's 63 and hike down to Muir Woods from Panoramic Highway. This service varies seasonally, so be certain to check with Golden Gate Transit. Many tour buses also serve Muir Woods.

**By Car:** From Highway 101, take Highway 1 exit. Follow Highway 1 to Panoramic. Turn left on Muir Woods Road.

## Be Prepared

Parking is difficult daily throughout the summer and on fair weather weekends.



# Muir and Stinson Beaches

Weather: 868-1922

Other Information: 868-0942

Open 9 a.m. - 1 hour after sunset.

It's easy to understand the popularity of these two beaches. Both are scenically situated on the Marin coast: Muir Beach with a small cove and semi-circular shoreline; the broad expanse of Stinson Beach beneath the steep hills rising to Tamalpais. Both offer rather complete facilities for an outing, but Stinson Beach has a few more conveniences including lifeguards during summer.

Summer weather brings crowds to both beaches. With warm sun and a tolerable water temperature, the beaches offer a chance to sunbathe and get your feet wet. If possible, visit these spots on weekdays when traffic is lighter, parking easier, and picnic tables emptier.

## What's Available

*Facilities:* Water, chemical toilets, picnic tables, grills, phone, parking at Muir Beach. Restrooms, picnic tables, grills, fire rings, summer snack bar, lawn area for sports, parking at Stinson Beach. Recreational equipment is available for loan at Stinson's main lifeguard station.

## Getting There

*By Bus:* On summer weekends and holidays, Golden Gate Transit's 61 has connected Muir Beach to the Larkspur Ferry. A ferry rider from San Francisco transfers to the bus at Larkspur. Golden Gate Transit's 63 links San Francisco to Stinson Beach on weekends and holidays. Because this service is seasonal and subject to change, be certain to check it out before heading to the beach.

*By Car:* From Highway 101, take Stinson Beach exit to State Route 1 (Shoreline Highway). Follow to Muir or Stinson Beach. Panoramic Highway also reaches Stinson. Expect a windy, curvy trip to either area.

## Be Prepared

Swimming is recommended only at Stinson Beach where lifeguard services are provided from late May to mid-September.

Good weather means bad traffic, sometimes doubling travel time.

# Olema Valley

Information (Point Reyes National Seashore): 663-1092



The Olema Valley, bordered by forested ridges to the east and west, is often warmed by sun while fog lurks over the coast. For its good weather, many trails, and scenery, the valley is a hiker's paradise. A number of trails loop up to the ridge for a view and back down onto the valley floor. The gentle Olema Valley Trail offers an exquisite trek along the San Andreas fault as it winds its way along streams, across meadows, and under leafy canopies. The valley is large; a day's exploration can't cover it.

Because of its size and lack of facilities, the Olema Valley is a place for groups that know what they're up to. Hikes should be planned in advance, consulting trail guides. Water and lunch provisions must be carried along. This is a place for those willing to rough it and put in a good day's walk.

A few facilities are available at Five Brooks—a trailhead in the valley's center. Here parking, chemical toilets, and picnic tables are available. For more complete group facilities, both Point Reyes National Seashore or Samuel Taylor State Park (on opposite sides of the Valley) offer better picnicking, restrooms, and nature trails.

## What's Available

**Facilities:** Trailhead at Five Brooks—parking, chemical toilets, a few picnic tables, horse rental.

**Nearby Areas:** Samuel P. Taylor State Park provides many picnic sites and campsites with grills. Fishing is also possible.

Point Reyes National Seashore offers 68,000 acres of coastal wilderness, beaches, and ranch land. The headquarters area at Bear Valley contains a visitor center, self-guided trails, orientation slide show and brochures, picnic area, Miwok Indian Village, parking, and restrooms. A summer weekend shuttle bus connects to Limantour Beach free of charge.

## Getting There

**By Bus:** Golden Gate Transit's 64 should be providing some weekend summer service to Samuel P. Taylor Park, Olema, and Point Reyes. However, the continuance of this service and number of trips may vary. Check with Golden Gate Transit.

**By Car:** From Highway 101, follow Sir Francis Drake Boulevard to Highway 1. Olema Valley is to the south; Point Reyes is northwest.

## Be Prepared

Bring a good map—right now only USGS maps or an Erickson map "Golden Gate National Recreation Area" (\$1.25) show detailed trail systems.

Bring drinking water.



# Pulling Things Together

Understanding the park is only one aspect of arranging a group outing to GGNRA. Perhaps more difficult and time-consuming are the pre-trip planning concerns: safety, transportation, funding, insurance, and program development. This section addresses these topics and more, giving you the information and resources to prepare your visit to GGNRA.

## Safety First



Some knowledge about park hazards can help you arrange a safe and enjoyable visit. The previous section already described these potential problems for each area of the park. Here, the most common hazards are restated with ways to find help if someone in your group is injured.

- GGNRA is a water-oriented park; the most serious hazards result when someone is unaware of the dangers posed by undertow at beaches, sudden waves, and tidal action. Because the water often appears deceptively calm, supervising a group (especially with children) means keeping an eye on all participants. It's a good idea to know when high and low tide occur, especially if you're planning to walk the beach. High tides can cover the entire beach and sometimes block your retreat to dry terrain, especially in the areas of coastal cliffs. If you should become trapped by high tides, stay put. Better to spend a few hours in an uncomfortable situation than to lose a member of your party.
- Beach hikers and fishermen should be alert for "sleeper waves"—extra large waves which can pull you into the ocean.
- Many coastal cliffs are steep and composed of loose rock. Exploring them is not a good idea since a poor foothold could cause a serious fall. Again, watching your group in hilly areas is important; stay on designated trails.
- GGNRA has a good and thorough trail network. If you're planning a hike, check out distances and elevations ahead of time. Many trails are rather steep and might be too ambitious for a day outing. The most detailed maps can be obtained through U.S. Geological Survey in map stores or at the local USGS office in San Francisco. However, park rangers can give you general information about trail conditions.
- Along trails, poison oak is probably the most common nuisance. If you're hiking, give your group a good description of this plant ahead of time. A severe rash is an unfortunate way to remember a day in GGNRA. Also, take drinking water along on trails since water sources are few and far between.
- Prepare for an emergency by knowing where to get to a telephone. Park Police can respond to your situation; have their phone number handy: 556-7940. Most ranger and maintenance personnel carry radios and can assist you in getting help to an emergency situation. Also, rangers are trained in first aid.
- For the park's health, try to leave few traces of your visit. Take litter back home and leave plants alone. Keeping you healthy and the park healthy allows for your continued enjoyment of GGNRA.

# Insurance and Emergencies

Insurance security is a necessary administrative procedure that can save a lot of time, headaches, and money should an accidental emergency interrupt your activities. There are several companies that extend coverage for either short or long range excursions and outings. The cost is nominal (usually about \$.50 to \$2.00 per participant, depending on the activity) and easily obtainable. Contact a local independent insurance broker for additional information and application forms.

When considering an insurance policy, the administrator should look for the following coverage:

- Coverage of body injuries for participants of your program's activities
- Payment for emergency medical treatment that occurs during a minimum of six months after the date of accident
- Payment for loss of body members or life

Study the policy exclusions and be sure that your activities do not fall under these exclusions. Also, make sure that the insurance is for the complete length of time that your program is scheduled and that the policy covers the mode of transportation your group is using.

In addition to taking out formal insurance, some administrative procedures should be followed. Permission slips for minors are always recommended to guarantee that the participant's parents or guardians have knowledge of your activity. Medical emergency and parent/guardian release forms are a necessity. These forms should contain a basic medical history of the participant, medication being taken, any special procedures or precautions, and a family member to be contacted concerning an emergency. The parent/guardian release forms give permission to the agency to provide medical treatment to the injured. The program leader should carry these forms along on the outing.

Leader negligence and liability is a confusing area of insurance. Agency leaders should be covered by the agency's insurance policy (make sure your insurance covers your outing and protects your leaders). All volunteer leaders should be covered by the specific outing insurance; we also recommend that they be covered by either your agency's general insurance or their own.

Finally, be prepared. Keep GGNRA phone numbers and locations of emergency stations with group leader. Keep first aid kits available and handy. Make every effort to include a qualified first aid person in the outing staff.

These added precautions are not as difficult as they seem. Should you face an emergency, you'll be thankful you prepared beforehand.

# Transportation

AC Transit: 653-3535  
BART Information: 788-2278  
Golden Gate Transit (SF): 332-6600  
(Marin): 453-2100  
Muni Information: 673-6864  
Sam Trams Information: 761-7000

Arranging transportation is often the biggest problem confronting groups wishing to visit GGNRA. Fortunately, a number of options are available, varying in cost and convenience.

Generally, the least expensive way to get to the park is via regularly scheduled public transit. However, this method limits your program options since all park areas aren't serviced by public transit. It also adds some minor logistical difficulties: assuring room on the bus for your group, waiting for sometimes irregular headways. For smaller groups, these inconveniences are not overbearing. The previous section describes the scheduled service to different park areas. *Be certain* to confirm this information; transit routes and schedules change frequently, especially during summer. Summer service generally includes special weekend buses to various San Francisco shoreline destinations, the Marin Headlands, Muir Woods, Muir Beach, and Point Reyes; call the National Park Service or the transit operators to see what's available. Throughout the year, the Municipal Railway (MUNI) serves San Francisco destinations fairly well; Golden Gate Transit (GGT) bus and ferry service reaches some Marin destinations.

Additionally, both Muni and GGT offer some special service considerations for groups during non-commute hours. Muni offers very reasonable service on a charter basis for groups with participants 18 years or under. Both Muni and GGT are worth contacting about this service. Be sure to describe the special characteristics (size, length of use, non-profit status) of your group. These considerations can make a difference in the service availability and cost. Also, charter service can be purchased from a number of private bus operators (see Yellow Pages of your phone book).

Another possibility, although generally more time-consuming and less predictable, is to check into financial assistance offered by transportation-grants or specially earmarked public funds. These funds are usually offered to assist special programs, e.g., work programs or recreation programs. Sometimes, community centers are the recipients of these funds. A number of possible sources are listed in the "Funding" section of this booklet. If you have the time and staff, an exploration of these options might prove worthwhile. Three sample programs providing transportation assistance are described here.

National Park Service staff attempts to keep a current account of transportation options. If you know of some service not discussed here or want to know if any new transportation possibilities have developed, give us a call. Occasionally, through special funding or private donation, the Park Service also has monies for transportation assistance.



# Sample Transportation Programs

*Recreation Summer Youth Programs:* Each summer, thousands of dollars are distributed to local agencies and non-profit organizations to assist their recreation programming. The program guidelines are specific: monies are available for recreational supplies and equipment as well as transportation to or admission at recreational sites. Program recipients must serve low-income youth, ages 8-13 years old. The funding is in high demand; it's a good idea to apply at the beginning of the year for summer funds. This funding originates from the federal Community Services Administration, but is distributed through local "prime sponsors." The local "prime sponsor" is usually the same office that handles youth employment programs. Contact the Mayor's office in San Francisco, the City of Oakland, or Marin County Board of Supervisors.

*Assistance for the Elderly and Disabled:* The Urban Mass Transit Administration (UMTA) administers a special capital grant program, known as "16(b)(2) Program," to provide 80% Federal capital grant funds to private non-profit organizations for the purchase of vehicles to provide transportation services to elderly and disabled persons. So far, this program has purchased a total of 2500 vehicles. More detailed information about this program is available from the UMTA regional office in San Francisco or the 16(b)(2) State coordinator. Contact:

UMTA Field Office  
Suite 620  
Two Embarcadero Center  
San Francisco, CA 94111  
(415) 556-2884

California Department of  
Transportation  
Attn: 16(b)(2) Program Manager  
1120 N Street  
Sacramento, CA 95814  
(916) 332-5480

*Operation Transportation:* This program is coordinated by a non-profit organization and supplies free transportation services to senior citizens in San Francisco. Recreation trips can be arranged on weekends; group visits require about a 1 month notice. As many as 60 seniors can be transported to a park area in this program. For information phone 931-3933.



# Funding



The basic fuel for getting programs started is money—for staff, materials, and transportation. The best way to get a handle on the potential sources of funding is to invest time in research. For the public sector, at the Federal level, the *Catalog of Federal Domestic Assistance* (\$16 from the Government Printing Office, available on a subscription basis in looseleaf form to allow for updates in programs), lists all government programs which might possibly provide grants, how much, and who is eligible.

There are other federal funds available for elderly, youth, education, and anti-pollution programs, which might be relevant to your recreation program. Careful reading of the *Catalog of Federal Domestic Assistance* will help identify possible sources of federal funds.

Information on the private sector, at least private foundations, is neatly organized by The Foundation Center which has an office in San Francisco. There is a *Foundation Directory* which lists all major foundations, their fields of interest, areas they fund both in terms of geography and content, and the amount of money they have to distribute. Along with the *Foundation Directory*, which is available in most public libraries in the reference section, careful reading of the *Foundation News*, a publication of the *Council on Foundations*, is recommended. In this magazine, there are hints on ways to write and present proposals, along with a listing of current grants awarded by members of the Council on Foundations. This is probably the best indication of the current funding patterns. You get an idea of the maximum amount of money they award, in what areas. If you are considering applying to a particular foundation, and through your research have discovered that some organization you know, or one nearby, has recently received a grant, call them and talk to them about the approach they used. In most instances, people are more than happy to help, particularly once their money is secured and they don't view you as a potential competitor.

The importance of good research cannot be sufficiently stressed. The time spent in getting a good handle on what is available and where, will save many agonizing hours later on. If you are near a Foundation Center library, this is even more helpful, because the grants are divided into categories—for example, you could look under "recreation" and find all those foundations who had made grants in the area of recreation, or youth activities, and so on. The *Foundation News* does a topical survey as well, which is extremely helpful. Once you have a list of potential foundations, it might be good to write (if you have the time) and ask for specific material on their grant programs.

This brief discussion does not provide a complete guide to the many methods of securing program monies. However, here's a very basic starting list for information about grant programs and funding sources.

*Annual Register of Grant Support*  
Marquis Academic. Media  
Marquis Who's Who, Inc.  
200 East Ohio Street  
Chicago, Illinois 60611

Catholic Social Services  
433 Jefferson Street  
Oakland, CA 94607  
Phone 834-5656 (for East Bay  
organizations only)

Community Services United  
1984 California  
Berkeley, CA  
Phone: 549-1356

The Foundation Center  
312 Sutter  
San Francisco, CA 94108  
Phone: 397-0902

Write for books: *The Foundation  
Directory, Foundation Grants  
Index, and About Foundations*

The Fund-Raising School  
PO Box 3237  
San Rafael, CA 94902  
Phone: 457-3520

The Grantsmanship Center  
1015 West Olympic Boulevard  
Los Angeles, CA 90015  
Phone: (213) 485-9094  
Publishes the *Grantsmanship Center  
News*, \$15/year

*HELP: A Directory of Services for  
Non-Profit Organizations*  
Jo Anne Schwartz, ed. 1976  
The Youth Project  
149 Ninth Street  
San Francisco, CA 94103  
Phone: 626-5570

Heritage Conservation and Recrea-  
tion Service, US Dept. of Interior  
450 Golden Gate Avenue,  
Box 36062  
San Francisco, CA 94102  
Phone: 556-8710

San Francisco Public Library-  
Business Branch  
530 Kearny Street  
San Francisco, CA 94108  
Phone: 558-3946

San Mateo Arts Council  
1219 Ralston Avenue  
Belmont, CA 94108  
Phone: 593-1816

The San Mateo Foundation  
1204 Burlingame Avenue No. 10  
Burlingame, CA 94010  
Write for Book: *Guide to California  
Foundations*  
Phone: 342-2477



# Your Program

Finally, you've arranged the transportation, insurance, and other details to get you to the park, and the real fun begins. Or does it? This will depend on whether you've also prepared for your time within the park. Whether you're planning a simple picnic or a full day's program, be sure you know what to expect at the site you're visiting—facilities, climate, and possible activities.

Planning a day's program in advance usually makes your activities run smoother and more enjoyably. The National Park Service's experience with day camps has shown that several characteristics contribute to a successful program. These are not hard and fast rules, but general guidelines to consider in arranging a program:

- Allow time in your schedule for spontaneous events. A schedule should include time for highly structured activities as well as free play with both individual and group participation.
- Give participants a choice of a variety of activities. Often, passive and active programs can be offered at the same time.
- Let the leadership of your activities vary. At times, leadership needs to be autocratic, but often a soft-sell, consulting, or participative approval works as well.
- Set some goals for your program that consider the unique learning exercises and group interaction that can occur in an outdoor setting.

Beyond these general considerations, GGNRA staff can offer more specific program ideas. In the past, we have organized many day camp and educational programs. All ages, kids to senior citizens, have participated and we've utilized a variety of park facilities, even military bunkers. We still have program materials from these camps and now they're a resource for you to use.

When GGNRA offered day camps, we combined a variety of programmed activities. The park utilized a "shopping list" of activities and exercises that could be arranged in different sequences for a full day's program; these activities included sports, games, performing arts, visual arts, social activities, nature activities, intellectual games, service activities, and special events. There is almost no end to the possible activities in an outdoor day camp setting. The "shopping list" and sample schedule provided here are a start; a bibliography in the final section of this booklet lists numerous other sources for activity ideas.

# Shopping List

## Activity Games and Sports

Balloon Hop Race	Hide and Seek	Center Dodge Ball
Swedish relays	Treasure Hunt	Basketball pass
Rope climbing	Volleyball	Exercise session
Frisbee games	Tug of War	Bowling Relay

## Visual Arts

Painting	Leaf painting	Leather work
Sewing	Rock dolls	Mobiles
Sculpture	Tie-dying	
Sand-candle making	God's eye	

## Performing Arts

Square Dance	Cards	Dating game
Bump contest	Body passing	Cook-outs

## Nature Activities

Nature scavenger hunt	Animal tracking	Map and compass games
Dig in	Crystal growing	Star gazing hike
Tide pooling	Blindfold awareness walk	

## Intellectual Games

Simon says	Famous 2's	Memory tests
20 questions	Scrabble	Debates

## Service Activities

Camp Totem pole	Trash hunt	Adventure playground
Trail Maintenance	Garbage can Murals	Camp signs

## Special Events

Scavenger Hunt	Staff hunt	Casino theme
Campfire night	Talent show	Final night party
Ice cream making	Carnival theme	
Marshmallow roast	Wild west theme	

# Sample Schedule

## Time/Activity

9:00	Staff arrival, meeting, and set-up for day's activities.		
10:00	Group arrival, welcome, snacks, announcement of day's activities.		
10:30	Entire group exercise		
11:00	Activity I	—Nature Activity	choice of one
	Activity II	—Visual Arts	
	Activity III	—Sports	
12:00	Lunch, singing, rest		
1:00	Story-telling		
1:30	Activity I	—Visual Arts	choice of one
	Activity II	—Social Activities	
	Activity III	—Service Activities	
2:30	Clean-up, free time, talk, etc.		
3:00	Activity I	—Special Events	choice of one
	Activity II	—Intellectual Games	
	Activity III	—Performing Arts	
4:00	Clean up, return to home		
4:30	Staff clean-up, evaluation		
5:00	End of day camp program		

# Park Programs

GGNRA also provides some programs and support services that might become a part of your park visit.

*Educational Programs:* The park offers an outdoor setting where learning can assume a more active, participatory dimension. With the wide variety of natural and cultural resources in GGNRA, many environmental and historical topics can be pursued in a group outing.

The National Park Service's Environmental Living Program is perhaps the most dramatic example of how a park setting can create an exciting learning environment, especially with planned group participation. The Environmental Living Program at GGNRA occurs in three places: the Historic Ships, Fort Mason, and Fort Point. All participants are totally immersed into the way of life, whether as a soldier, cod fisherman, or earthquake refugee. The program emphasizes individual responsibility as students are given adult roles and assignments. Perhaps the most exciting part of the program is an overnight stay at the park, but participants are busy both before and after this event. Beforehand, the entire class studies the culture of the period, gathering data on the roles and customs of the people they will become. The teacher must attend a preparation workshop and visit the site. Teachers, students, and National Park Service staff are involved during the on-site program. Afterwards, participants can continue learning in the classroom with a follow-up project.

The Environmental Living Program is arranged for students in 4th-6th grade. It is very popular and usually booked far in advance. However, the program need not depend on these particular sites and National Park Service staff. The program could occur at any location where interdependency and interaction with the environment are evident. You are welcome to come browse our program materials and discuss places in GGNRA where you might arrange your own Environmental Living Program. For more information, contact the program coordinator at each park site where it occurs.

GGNRA ranger staff also offers more informal guided walks or program assistance. They can be reached at their particular park site. Check the previous section to see what topics are covered and how to reach the staff by phone. A number of National Park Service films are also available on a loan basis or for viewing at the park.

*Recreational Programs:* Although this booklet attempts to provide most of the information needed for a group visit to GGNRA, we realize that each group has its own special requirements. Because of this, we stand ready to help make your visit comfortable and enjoyable. Our facilities for day-camp use are not plush, but they seem to fill a need for inexpensive, nearby places for outdoor group activities. We think it's a good idea to see the facilities before taking a group there. Give us a call with informational questions or problems you encounter. Sometimes we can help out, whether you're missing some special equipment, need picnic tables rearranged, or want a ranger walk.

We also have developed a slide presentation that covers much of the information in this booklet. We'll be happy to present this program, either at the park or at your community center. This show provides a good basis for discussion about how GGNRA can serve your needs.

*Cooperating Organization Programs:* An incredible variety of educational and recreational programs are offered by non-profit organizations utilizing facilities in GGNRA. Groups should be sure to check these possibilities. Many non-profit educational groups, under permit of the National Park Service, operate facilities and programs within park. These organizations have all been listed according to their park location in the previous section, "The Park Itself." Most of these programs are offered either along the San Francisco waterfront or Marin Headlands.



# Special Events

Concerts, festivals, symposiums, rallies, races: GGNRA has provided a setting for many special events. The park's variety of indoor and outdoor spaces have attracted many organizations offering a public program on a day or weekend basis. If your organization is interested in sponsoring a special event in GGNRA, contact the park at least 60 days in advance. A simple application form is required so that we can anticipate public attendance, costs, set-up requirements, sanitation, and staffing. If our discussions with you indicate that your event is a workable program with public benefit, you will receive a *special use permit*. The permit describes the length of the event and your responsibilities.

Most special events occur either along the northern San Francisco waterfront or in the Marin Headlands. Fort Mason is most often used, especially the pier area. Special events here are either coordinated with the National Park Service or Fort Mason Center. In the Marin Headlands, special events most frequently occur in the Fort Barry Parade Grounds. This protected setting offers an open lawn bordered by trees and historic houses.

The Office of Special Programs at GGNRA handles requests for special events (556-4462). Give them a call if you've got a program and they will send you an application form.

## Information Requested on Application

Type of Event	Food/Beverage Sales, Concessionaires
Proposed Location	Publicity Planned
Date(s) and Hours of Event	Staffing Required
Theme	Sanitary Facilities
Describe Activities (with schedule)	Special Needs
Participants	Set-Up and Break-Down Time
Entertainment Planned	Tax-Exempt Status
Projected Attendance	Funding Source for Event
Admission Charge	Prior Experience
Disposition of Monies Collected	



# GGNRA

## Assistance

A number of National Park Service employees may be able to help you out, depending on what assistance you need.

Here's a general guide to our staff; a complete phone index is contained under the "More Help" section.

- The Park Headquarters is in Building 201 at Fort Mason. The staff here is mainly involved with park and program management. The Office of Special Programs or Interpretation Division here can help arrange your park visit, offer advice.
- Ranger staff is mainly located at smaller offices at Alcatraz, Historic Ships, Fort Point, Land's End, Marin Headlands, Muir Woods, and Stinson Beach. These people have the best understanding of programs and facilities at a particular site. Because many of these people spend most of the day out in the park, they are easiest to reach either early morning (9:00 a.m. to 10:00 a.m.) or late afternoon (4:00 p.m. to 5:00 p.m.).
- Maintenance staff keep the park in working and useable order. You may be working with these people if your program involves any special site arrangements.
- Park Police patrol the San Francisco park areas and Marin Headlands. The Headquarters is at Fort Mason. Keep their phone number handy in case of emergency: 556-7940.



# More Help

Various additional information sources are listed in this section. For starters, we offer some suggestions about what park areas seem best suited for children, teenagers, senior citizens, and disabled park visitors. A quick guide to telephone information with National Park, State Park, cooperating programs, and transit agencies' numbers is also included. Browse the bibliography containing sources for program ideas; or call for the list of educational films available from the National Park Service.

## Some Suggestions

Not everyone enjoys or needs the same things when visiting a park. Fortunately, GGNRA contains many different areas with access, facilities, and activities suited to different visitors. Here are some suggestions about which sites best accommodate visitors of various ages and physical abilities. This general guide is based on our experience with groups visiting the park, but your own knowledge of your group's interests and energy is the best determinant of where to go.

Many programs are also available for different groups: some offered by the National Park Service, others by cooperating organizations in the park. The Fort Mason Center offers the most varied programming; something is usually available here for all ages and interests.

### Children

Children have almost unlimited energy and curiosity. They seek places that require physical exertion and individual exploration. Children will generally enjoy park sites that offer mystery, challenge, and an ability to manipulate the surrounding environment—areas with sand to build with, water to play in, and trees to hide in and climb on. For the person supervising a group of children, nearby parking, restrooms, and places to sit are helpful. The following areas seem to best respond to children's interests:

Historic Ships — Special programs for kids.

Aquatic Park — Safe water and running room.

Crissy Field — Lots of space; water play

Fort Point Environmental Classroom — Educational programs for elementary school.

Fort Point — A cannon demonstration few can ignore.

Phelan and Baker Beach — Phelan best for the very young.

West Fort Miley (Land's End) — For older kids.

Fort Funston — Easy trail, educational explorations.

Angel Island — Ayala Cove offers plenty.

Marin Headlands — Kirby Cove easily reached and supervised.

Reservations needed

Day Camp sites

Rodeo Beach

Muir Beach — A small creek for wading and water play behind the beach.

### Teenagers

Generally, teenagers are active, outdoor people who enjoy an environment with many activities available. They enjoy exploratory environments as well as places to congregate and socialize. Group facilities for social gathering with nearby areas for sports or individual exploration are most attractive to young adults. Also, many teenagers are interested in nature-oriented activities such as hiking and camping in the park. Suggested sites include:

Alcatraz — A captivating story for this age group.

Historic Ships

Marina Green — Large lawn for field sports.

Fort Point — Lots to explore

Baker Beach — Picnic together, volleyball, hike, sunbathe.

Angel Island — East Garrison offers group facilities, sports fields, nearby beach.

Marin Headlands — Many activity possibilities  
Group sites for gathering and overnight programs.  
Game courts at Hostel and YMCA Point Bonita Center  
Large beach and good hiking

Stinson Beach — Sunbathing for the not-so-active  
Volleyball for the energetic  
Picnic areas; nearby trails

Marin Trails — Great hiking opportunities  
Mount Tam trails are good since picnic areas are available along the way.

## Youth Employment Programs

Youth Conservation Corps (YCC)—A summer work-education program for teenagers between 15 and 18 years of age. Corps members earn minimum wage during their 8 weeks of employment and live at a residential camp located in the Marin Headlands. The YCC performs conservation related work projects on park lands in Marin and San Francisco. Applications are available during January through March at local high school career centers or at Park Headquarters, Fort Mason. Additional information can be received by contacting 556-4462.

Young Adult Conservation Corps (YACC)—A year-round employment program for women and men between 16 and 23 years of age. The YACC performs work projects on park land in both San Francisco and Marin County. The program provides a full time supervised work experience for a period of 12 months, at minimum wage pay scale. Interested individuals can receive further information by contacting their local Employment Development Department or by calling 556-3517 or 556-8207.

## Elderly Visitors

A half-day park visit (3-5 hours) is about right for most elderly visitors. A few facilities are usually considered important: convenient parking, level walking surfaces, frequent seating, restrooms, and places to get out of cold weather. Also, many elderly visitors enjoy historical areas, especially when they can recollect the events represented. The following areas seem well-suited for older people visiting GGNRA:

Historic Ships — Fascinating glimpse into the city's past.

San Francisco Senior Center

Golden Gate Promenade — A generally level and scenic walk.

Baker Beach — Easy parking, nearby indoor facilities at Battery Chamberlin.

Sutro Heights Park — Level paths, views, history.

Contact ranger (751-2519) for tour.

Fort Funston — Level loop trail with seating areas. Can be cold.

Angel Island — Ayala Cove—indoor food service, easy to reach picnic tables.

Marin Headlands — Can drive to Kirby Cove, reservations required. Good views from van or bus in the entire area.

Muir Woods — Ideal spot.

## Disabled Visitors

The park has an extensive program to increase access and programs for disabled visitors. For the following sites, we have listed accessible facilities for those who are mobility impaired and/or use a wheelchair. Marked with an asterisk "\*" are proposed projects, so be sure to contact the ranger at each site for the current status. A portable walkway\* is available at Fort Mason headquarters by reservation to get over loose sand at nearby beaches. Remember the weather is often extreme, so bring extra layers of warm clothing.

Alcatraz—Accessibility is limited by the steep tour route and assistance is needed on the ferry ramps. An audio visual program in the museum\*, and a toilet\* are accessible.

National Maritime Museum—Only the first floor of the museum is accessible. Enter through the Jefferson Street entrance of the Senior Center; on weekends, ring the doorbell. Semi-ambulant restrooms are on the first floor\* and wheelchair accessible



restrooms are on the lower level\*, use the elevator in the Senior Center. The Hyde Street Pier allows viewing of the ships, however, only the *Eureka's* main deck is accessible. An audio visual program\*, toilet\*, and water\* are available.

Aquatic Park—Parking\* at the foot of Van Ness.

Fort Mason—Park headquarters is accessible through the rear elevator with advance notice. Independent access planned\*, restrooms on the first floor, parking. Most buildings at the Fort Mason Center have ramps to the first floor, and staff must be contacted to operate cargo elevators to the upper floors. Parking and water\* are available.

Crissy Field/Marina Green—This area has paved walkways and occasional steps. The best access points to the Golden Gate Promenade are at the Marina Green, Crissy Field via Zanowitz Street, and the Fort Point Administration Offices.

Fort Point—Parking, chemical toilet, and water\* are available. The first floor of the fort is accessible with some assistance.

Baker Beach—Parking\*, picnic areas\*, grills\*, water\*, chemical toilet\*, and the grounds around Battery Chamberlin are accessible.

Phelan Beach—Parking and a chemical toilet\* are available. Assistance is needed on the steep paved path to the beach, but passenger drop-off at the beach is available by prearrangement.

Cliff House/Ocean Beach—A ramp to the Visitor Center at the Cliff House is at the south end of the building, and parking\* are available. At Ocean Beach, the concrete esplanade, parking\*, and a ramp to the beach at Kennedy Drive are accessible.

Fort Funston—An observation deck, 3/4 mile "whole access" loop trail, parking, benches, picnic areas, grills and a chemical toilet are available.

Marin Headlands—Parking\*, picnic area\*, grill\*, water\*, and a ramp to the visitor center are available. A chemical toilet is located at Rodeo Beach. Kirby Cove offers group camping and picnic areas by reservation, with parking\*, pit toilets\*, picnic areas\*, grills\*, water\*, and an access bridge\* planned. YMCA Point Bonita Center is reasonably accessible, and Battery Alexander is accessible with assistance.

Muir Woods—Parking, information station, snack bar, gift shop, and a sensory trail for the visually impaired are accessible. Restrooms serve only the semi-ambulant, and a wheelchair is available at the information center.

Muir Beach—Parking\*, picnic area\*, grill\*, and a chemical toilet are available.

Stinson Beach—Parking\*, picnic area\*, grill\*, restrooms at the north\* and central parking lots, portable walkway\* to get over loose sand (by prearrangement) and an emergency call button on the south-west corner of the ranger building.

## For Everybody- The Fort Mason Center

Accountants for the Public Interest—Free accounting services to nonprofit groups. 885-3306.

American Adventure Play Association—Developing children's playgrounds out of recycled materials. 673-9949.

AM/FM Recycling—Recycling station open twice a month. 378-3044.



Asian Holistic Health Center—Classes in traditional Asian health practices. 334-9280.

Bay Area Lawyers for the Arts—Legal help and referral for artists. Programs of education, and publication. 775-7200.

Blue Bear School of Music—Workshops, courses, musical lessons. 673-3600.

Bodega Bay Institute—Classes and workshops on marine life. 776-4449.

Center for World Music—Concerts in classical and ethnic musical styles. 848-8989.

Ensemble of Stanislavski Theatre Artists—Acting classes and student productions. 824-9488.

Environmental Resource Center—Environmental groups including Bay Area Energy Action, 673-6786; Environmental Action Clearinghouse, 474-5080; Friends of the River, 771-0400; and Greenpeace, 474-6767.

Friends of the SF Library—Free monthly events including rare book exhibits and story reading for children. 558-3770.

Fund for Animals—Educational programs in animal protection.

Graphic Artists Guild West—Business seminars for graphic artists. 673-6941.

Hospital Audiences, Inc.—Arranges performances by local artists in hospitals, senior centers, rehabilitation centers. 776-9171.

Inner City Outings—Sierra Club branch that teaches outdoor skills and provides programs for inner city residents. 665-8214.

Lifeline Marine Research—Trips, Classes, exhibits relating to marine life. 567-7797.

Magic Theatre—Performances and training by an experimental theater company. 441-8001.

Media Resource Center—Seminars and classes offered in all phases of print and electronic media. Artists-in-Print, 673-6941; Media Alliance, 441-2557; Western Public Radio, 771-1161.

Meristem—Aikido demonstrations and classes. 776-8580.

Music by the Bay—Album production services, talent coordination, education projects. 474-5600.

NEA Dance Touring Program—Information of touring dance companies.

Oceanic Society—Courses, films, lectures, field trips, recreational activities. 441-5970.

Peace and Pieces Multi-Cultural Center—Information about grants, copyright, authors, manuscripts, etc. 771-6711.

S.F. Bay Area Dance Coalition—Alliance of 65 dance companies. Publishes dance calendar. 673-8172.

S.F. Central YMCA—A wide variety of classes ranging from how to buy your own home to disco. 885-0460.

S.F. Chess Club—Tournaments and classes.

S.F. Children's Art Center—Children's classes in painting, drawing, drama; field trips to parks and museums. 771-0292.

S.F. Museum of Modern Art Rental Gallery—Exhibits, art for rent. 441-4777.

S.F. Folk Music Center—Regular concert series featuring skilled folk musicians. 441-8910.

Sight and Insight—Gallery and open studio.

Women in the Wilderness—Resource center to develop leadership skills in the outdoors. 982-4588.

World Print Council—Technical workshops, exhibits, quarterly publication. 776-9200.

Yacht Racing Association of S.F. Bay—Schedules all yachting races on the Bay, sends youth to racing events. 771-9500.

# Phone Call Away



## National Park Service

General Information _____	556-0560
Park Police _____	556-7940
Office of Special Programs _____	556-4462
Special Permits _____	556-0560
Aquatic Park Ranger/Lifeguard Station _____	556-2904
Cliff House Visitor Center _____	751-1617
<i>The Balclutha</i> _____	982-1886
Fort Point National Historic Site _____	556-1693
Hyde Street Pier _____	556-6435
Land's End/East Fort Miley Ranger Station _____	751-2519
Marin Headlands Ranger Station _____	561-7612
Maritime Museum _____	556-8177 or 556-2904
Muir Woods National Monument _____	388-2595
Phelan Beach Lifeguard Station _____	221-5756
Point Reyes National Seashore _____	663-1092
Stinson Beach/Muir Beach Ranger Station _____	868-0942
Stinson Beach/Muir Beach Weather _____	868-1922
Tennessee Valley Ranger Station _____	383-7717
Western Regional Film Library _____	556-7438

## California State Parks

Angel Island State Park _____	435-1915
Mount Tamalpais State Park _____	388-2070
Samuel P. Taylor State Park _____	488-9897

## Special Programs

American Youth Hostel—Golden Gate Council _____	771-4646
Audubon Canyon Ranch _____	383-1644
Bodega Bay Institute _____	776-4449
Fort Funston Science Center _____	334-1175
Fort Mason Art Center (S.F. Community College) Bldg. 310 _____	776-8247
Fort Mason Center _____	441-5705
Fort Mason Community Gardens _____	921-9590
Fort Point Environmental Classroom _____	863-4223
Fort Point Promenade Classroom _____	556-1693 or 239-3000
Frontier Arts Institute (Slide Ranch) _____	383-0358
Lifeline Marine Research _____	556-7797
Marin Headlands Hostel _____	561-7277
Marine Mammal Rescue Center _____	561-7284
Oceanic Society _____	441-5970
Point Reyes Hostel _____	669-9985
Project Jonah _____	285-9846
San Francisco Senior Center _____	775-1866
Urban Outdoor Adventure Center _____	751-2519
YMCA Point Bonita Center _____	561-7457 or 561-7656
Yosemite Institute of the Headlands _____	561-7631
Young Adult Conservation Corps _____	556-3517 or 556-8207

## Transportation

AC Transit _____	653-3535
BART Information _____	788-2278
Golden Gate Transit _____ (Marin) 453-2100—(San Francisco)	332-6600
Harbor Carriers (Alcatraz Reservations) _____	546-2805
Muni Bus Information _____	673-6864
Operation Transportation (For Senior Citizens) _____	931-3933
San Mateo Transit Information _____	761-7000



Golden Gate National Recreation Area  
Fort Mason, San Francisco, CA  
94123

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